

PLAIN LANGUAGE GUIDELINES FOR SEAL CANDIDATE

(In-service)

REF: MILPERSMAN 1220-110 thru 220, 1220-100 (Exhibit 1, Exhibit 2, Exhibit 3 and Exhibit 8)

FIRST AND FOREMOST, CONTACT YOUR CAREER COUNSELOR

1. IAW MILSPERMAN 1220-120, ensure you meet below requirements:

a. Minimum ASVAB score $VE+AR=104$

Note: For ASVAB Test numbers 5,6, and 7, use WK Score

b. $VE+WK=104$ and $MC=50$

Note: Minimum ASVAB score for HM's is $VE+AR$ or $VE+WK=110$

Five point ASVAB waiver (PERS-401D)

c. Eyesight - 20/40 in one eye and 20/70 in the other eye, correctable to 20/20

Waiver: 20/70; 20/100 or better

d. No color blindness

e. Must be 28 years old or less

Waiver: 29 & 30 years old

f. Be E-6 or below

g. Must be a U.S. Citizen

h. Candidate must meet minimum performance standards. Evaluation marks should be at least 3.0 and above

2. Prospective Candidate will:

a. Submit a "Special Request Chit" through Chain of Command requesting SEAL training.

IAW MILPERSMAN 1220-160/1220-100 (Exhibit 8), candidate will submit via fax the following items to Naval Special Warfare Center (NSWC), BUD/S Medical Department, Comm: 619-437-5248/DSN: 577-5248: [Download cover sheet](#)

- (1) SF-88 & SF-93 or DD Form 2807-1 (pages 1 through 3) & DD Form 2808 (pages 1 through 3)
- (2) EKG report
- (3) Radiology report of chest (PA & LAT)
- (4) BUD/S-SWCC medical screening questionnaire

Note: Question concerning your medical package:

Email: [BUD/s Medical](#)

*****Ensure to include Full name and SSN# in subject line

C. Candidate will request Physical Screening Test (PST) via e-mail [PST Coordinator](#) to NSW motivators: in the following order:

- (1) Subject line: SEAL PST:
- (2) Request screen Location
- (3) Primary screen date and alternate date****
- (4) Full name
- (5) Rank
- (6) SSN
- (7) Ship or station
- (8) Email address of your Career Counselor
- (9) Phone # where you can be reached

Note: 1. PST and interviews can be scheduled for deploying candidates anytime ship is in port

2. Personnel serving overseas will need the contact the Motivators ref (d) to schedule a PST in your area.

d. Confirmation e-mail will be sent to candidate with the following information:

- (1) Date/Time
- (2) Location
- (3) Gear list
- (4) PST Overview

3. Upon Successful completion of the PST

a. Candidate will be interviewed, IAW MILPERSMAN 1220-150.

b. Interview requirement items:

- (1) The original approved special request chit
- (2) Uniform of the day
- (3) Military ID
- (4) Service record
- (5) Medical record

4. Failure of the PST

a. Failure (DNF): If a candidate fails any part of the test he may continue the test to measure his own physical readiness. Candidates will be required to wait a minimum of 45 days before retesting.

b. Training time out (TTO): All candidates that request a training time out will not be allowed to continue the PST due to the time constraints of the test. However, candidates will be allowed to retake the test after 30 days. If a candidate requests 2 consecutive TTO's within a 90 day period he will be required to wait a minimum of 6 months from the date of his last PST TTO.

c. Drop on request (DOR): Candidates that DOR will not be allowed to continue the test and will be required to wait a minimum of 1 years before requesting a retest.

5. ASSEMBLING INITIAL TRAINING APPLICATION PACKAGE, IAW MILPERSMAN 1220-200

a. Report of Applicant Screening (PST) Results

b. NAVPERS 1616/26, Evaluation Report and Counseling Record (E-1 Thru E-6) for previous 3 years including any special or transfer evaluations.

c. Armed Services Vocational Aptitude Battery scores as documented on NAVPERS 1070/604, Enlisted Qualifications History.

d. Commanding Officer Comments. See MILPERSMAN 1220-210 (SEAL), 1220-340 (SWCC) for comments and recommendations Commanding Officer should include NAVPERS 1306/7.

6. Fax your package to:

SPECWAR Assignments (PERS 401D)
5720 Integrity Drive.
Millington, TN 38053-4070
Comm: 901-874-2716 or DSN: 882-2716

As of: 13 Jan 2003